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BAREFOOT RUNNING
IS CATCHING ON
JUST A TREND OR A
HEALTHY CHOICE? {page 11}



SMASHING PUMPKINS CORGAN TALKS REUNION

{page 8}

Quiznos
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\$15
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SEE PAGE 4

EDMONTON metro

Tuesday, October 18, 2011
www.metronews.ca



News worth sharing.

Klein will need more care

- Former premier is currently in Calgary's Rockyview General Hospital, where he has been receiving treatment
- Family hopes move to continuing-care facility is step on road to him going home

 **KATIE TURNER**
@METRONEWS.CA

Former premier Ralph Klein will be moved out of hospital in the

coming days but he won't be heading home.

Klein has been receiving treatment for respiratory issues and aphasia, a disorder that impairs one's language ability.

Family spokesperson Rod Love said doctors indicated Klein will need to move to a continuing-care facility.

"We're hopeful that this continuing care will be a bit of a transi-

sition until he can go home full-time. I'm not a doctor, but we're hopeful," he said.

Love added Klein understands he can't go home until doctors give him the go-ahead.

"We have no answers how long he'll be in the transitional facility, but, again, the ultimate goal is to get him home. We're hopeful but we just don't know yet."

Captain Canada rendered as bobblehead

The first 10,000 fans at last night's game at Rexall Place took home a Ryan Smyth bobblehead, complete with his trademark mullet. Smythy was the star of the game as well. He scored the game winner and added an assist as the Oilers defeated the Predators 3-1 last night. More coverage, page 17.



► Delaney Martin, 16, drove from Lac la Biche with her mom to watch Ryan Smyth and the Oilers face the Nashville Predators.

Heads. Up

Prime 'stache? Mo' pressure on PM

- Ottawa students post video calling Harper to grow moustache for Movember {page 4}

Dog's broken leg on mend

Two-year-old dog beaten with a pipe now at Humane Society {page 3}

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NEW



Doggone heartbreaking story

► Dog reportedly beaten with a pipe is on the mend at Humane Society



SHELLEY WILLIAMSON
@METRONEWS.CA

The Edmonton Humane Society and Humane Animal Rescue Team (HART) have given an abused dog a new lease on life.

After having been beaten with a metal pipe, the two-year-old Basset-beagle cross was brought to EHS by HART on Oct. 9 from south of the city, with a severely fractured hind leg.

"When I brought him in here, he could not put weight on his leg. It was just hanging there," said Wayne Tischer, HART president.

Tischer said nothing can be done unless the witness goes to RCMP and presses charges.

"It's very unfortunate the people who know what happened are choosing not to come forward," said Shawna Randolph,

Humane efforts

- The Humane Animal Rescue Team rescues about 100 animals a year, and about five to six percent of those involve abuse, said president Wayne Tischer
- The Edmonton Humane Society partners with about 100 other groups in Canada and the U.S., often taking in animals from other rescue agencies without space to house or treat them.

EHS spokesperson.

Modo's fracture is on the mend, and the pooch will be up for adoption in a few weeks, said Randolph.

While his leg is broken, his spirit's far from it.

"With Modo, you couldn't really tell he went through what he did," said Randolph. "He gave kisses to the staff right away, he was very trusting."



► Modo, a Basset-beagle cross with a broken leg, is recovering and will soon be available for adoption at the Edmonton Humane Society after having reportedly been beaten with a pipe.

Swimming at Hawrelak out of price range: Mayor

Mayor Stephen Mandel and city councillors were shocked to learn that making the lake at Hawrelak Park swimmable would cost \$60 million.

A report before committee yesterday estimates capital construction costs at \$3 million, and recommends

amenities, change facilities and a filtration system, bringing the bill to \$60 million. Now, city staff will price out putting in a beach and spray park, while using existing facilities such as change rooms.

Council passed an outdoor aquatic strategy in

\$5M Mandel wants the cost of the lake and spray park project to be kept under \$5 million.

2008 to find a location other than the North Saskatchewan River for swimming. METRO

News in brief

Foster mother to be sentenced

The Crown wants an Edmonton foster mother convicted of manslaughter last month in the death of a three-year-old boy under her care in 2007 sentenced to 12 to 16 years. Lily Choy will be sentenced Friday. METRO

Museum honoured for preserving aviation history

The Alberta Aviation Museum was presented with its third award from the Canadian Aeronautical Preservation Association in as many years last week, being named one of the "premier" aviation museums in Canada. METRO

1
news



A new study argues in favour of a distinction between regular teenage shyness and a crippling social disorder. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

So far, Bay Street rat-racers have been too preoccupied to pay much mind to their occupiers.

Video at metronews.ca/video

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Hairy pressure on Harper

► Ottawa broadcasting students post YouTube video calling for PM to support Movember campaign ► Canadians raised \$22.3 million last year



JOE LOFARO
@METRONEWS.CA

METRO CANADA IN OTTAWA

The student-run radio station at Ottawa's Algonquin College is trying to convince Prime Minister Stephen Harper for a second time to grow a moustache in support of next month's Movember campaign.

The station might have to up the ante, though, after a government spokesperson said Harper's upper lip will stay bare this November.

"While the prime minister will not be growing a moustache this year, he does wish the organizers of this year's campaign every success in raising money and in increasing awareness of prostate cancer," read an email statement from Andrew MacDougall, the Prime



► This promo poster shows the PM with a fake moustache.

Minister's Office associate director of communications.

CKDJ 107.9 program manager Ryan Gibson is confident he'll gather the 10,000 signatures he is seeking to convince the prime minister otherwise.

"He takes his role as a politician quite seriously and I think, just for bringing attention to Movember, there's no other high-profile person in the country than the prime minister," said Gibson, who is also a radio broadcasting student.

The station tried the

same campaign last year, but was unsuccessful. Money raised from the Canada-wide campaign will go to Prostate Cancer Canada.

Last November, a number of MPs grew moustaches in support of the Canadian campaign, including Liberal Justin Trudeau and New Democrat Peter Stoffer.

Gibson said people can sign his petition at facebook.com/ckdjmovember.

.....
For more news, visit metronews.ca/edmonton

BRA Day to support breast cancer survivors

The very first BRA Day (Breast Reconstruction Awareness), takes place across the country tomorrow.

Led by reconstructive surgeons and key stakeholder groups, BRA day is intended to educate and promote awareness and access for post-mastectomy breast reconstruction via community-based events and a new online resource — bra-day.com.

"When I realized that I was going to have to undergo mastectomy, my attentions were focused on both my health and on my recovery following surgery," said breast cancer survivor Jodi Brown.

"Reconstructive surgery restored my self-es-
teem and made me feel complete again.

"I think it is important for every woman diagnosed with breast cancer to know her options early on and know that, after the emotional and physical hurdles, you can get back to being yourself."

In 2010, nearly 45,000 mastectomies were performed on breast cancer survivors in Canada.

About 92 per cent of those women did not pursue breast reconstruction, despite the myriad options available as an insured medical service in Canada.

About 92 per cent of those women did not pursue breast reconstruction, despite the myriad options available as an insured medical service in Canada.

For more information on the event, visit bra-day.com/events.php.

● METRO

Tongue. Treatment



► A businessman sticks his tongue out in jest as he walks past tents erected by protesters from the Occupy London Stock Exchange group outside St Paul's Cathedral.

MATT DUNHAM/THE ASSOCIATED PRESS

Global Occupy protesters digging in

Inspired by the Occupy Wall Street movement in New York City, protesters across the globe continued their demonstrations against economic inequality yesterday. They were mostly peaceful, but a few dozen arrests were reported in Seattle. And the protesters got some support from UN Secretary-General Ban Ki-moon, who expressed sympathy with them. Even China said some issues being raised should be examined.

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SCOTT OLSON/GETTY IMAGES



► A BlackBerry is shown last Wednesday in Chicago.

Apps at what cost?

► RIM could lose about \$26 million, says one analyst

The co-CEO of Research In Motion says the BlackBerry maker doesn't know yet what the final price tag will be for last week's global email, text and Internet outage.

Jim Balsillie says the Waterloo, Ont., company hasn't calculated the cost of offering BlackBerry users \$100 in free apps and doesn't know yet how it will impact its earnings.

One analyst has estimated that if RIM were to compensate all carriers and customers for the down time of the BlackBerry network, its earnings would be negatively affected by three to five cents per

share in the current quarter — a total of about \$26 million.

Balsillie also says that so far wireless carriers have not asked him for compensation for the outage, which affected areas such as Europe, Africa, the Middle East and North America for varying lengths of time.

He says the free apps to consumers actually cost \$5, \$10 and \$15. Balsillie defended how RIM communicated the outage to the public, saying every minute doing public relations is time not spent fixing the problem.

THE CANADIAN PRESS

Market moment

TSX	Dollar
- 158.7 (11,923.04)	- 1.12¢ (97.84¢ US)
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MANAGEMENT

German companies pledge for women

Germany's 30 top public companies pledged yesterday to increase the number of women who serve in top-level management positions during the next five years as the nation struggles to combat a shortage of qualified personnel by attracting more women to the workplace.

The pledges come six months after members of Chancellor Angela Merkel's government first sparked the idea that Germany lags far behind other industrialized nations in promoting women to its highest business positions — a problem it does not have on the political side. Yet the government remains divided on the key issue of whether gender equality can and should be legislated.

Germany ranks alongside India with only 2.2 per cent of women in boardrooms.

THE ASSOCIATED PRESS

Sales record for iPhone 4S

Apple says it sold more than four million units of the new iPhone model in three days. It's selling more than twice as fast as the previous model.

Apple Inc. and its partners started selling the iPhone 4S on Friday in the U.S., Australia, Canada, France, Germany, Japan and Britain. That's two more launch countries than last year.

When Apple launched the iPhone 4 last year, it sold 1.7 million in the first three days.

THE ASSOCIATED PRESS

LIES MY TV TOLD ME

SHE SAYS ...

JESSICA NAPIER
METRO



I grew up on a steady diet of sitcoms. Before the days of Angry Birds and social networking, I turned to cable television for my nightly fix of mindless entertainment. And even though the programs were fictional, the zany antics of attractive ensemble casts started seeming pretty plausible after the second or third rerun.

Here are seven sitcom myths I had to unlearn once I realized that real life isn't an after school special.

1. Having a career is just a plot device. Real people have jobs. You don't spend hours sipping cappuccinos and discussing your on-again, off-again love affairs in the middle of the afternoon; you actually have to work if you want to earn a living. Also, it's important to note that days at a real-life office aren't spent prankering each other with stationery in Jello moulds.

2. CHEERS: Where everybody knows your name. Your buddies don't hang out at one specific diner/coffee shop/bar all the time. Your social circle will be scattered across the city (or country) and you will rarely bump into your friends by chance.

"Paleontologists do not look like Ross Geller. They just don't. On a related note: doctors don't look like Olivia Wilde and police officers rarely resemble Shemar Moore."

habit of chuckling after almost everything you say in an attempt encourage others to do the same. Or maybe that's just me? OK — moving on.

4. Everybody is attractive. Paleontologists do not look like Ross Geller. They just don't. On a related note: doctors don't look like Olivia Wilde and police officers rarely resemble Shemar Moore.

5. Ex-lovers only reappear in re-runs. Your ex-boyfriend is not a hunky guest star that disappears after a four-episode arc. You'll inevitably run into him, probably when you're on your way home from the gym or sick with a head cold.

6. Have you seen my awesome apartment? Twenty-something things don't shack up with astonishingly attractive roommates in impossibly expensive 2,000-square-foot industrial lofts. It's more likely that you'll end up living in a modest rental unit with your parents' old furniture and a mouse problem.

7. Being single is the best! Singledom is hardly a slew of comical encounters with eccentric yet loveable characters; most first dates are awkward and entirely underwhelming — hilarity does not ensue. There are also plenty of lonely, miserable nights; they just don't show that on TV.

Read more of Jessica Napier's columns at metronews.ca/shesays



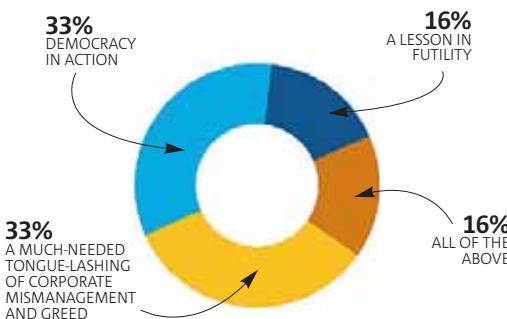
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The Occupy Wall Street protests are:



Local tweets



► **@thepolishviking:** Might have to rectify the meatball

situation.... #yeg #yegfood

► **@ThaRealTaeMINI:** I heard

the Selena Gomez concert was amazing last night in #YEG and completely SOLD OUT 16,000! Wow

► **@thanhctang:** hope I get

there in time for a smyth bobblehead #yeg @NHL_Oilers

► **@themikeFAIL:** Just saw

someone with a Mighty Ducks jersey in #yeg - except it was from the movie and it said '39' Conway. Charlie was my hero.

► **@frozenpools:** Lineup already 200m for Ryan Smyth bobbleheads. Only in #yeg @NHL_oilers #Oilers

► **@coltneastcott:** Love that I get to see the river valley everyday at Concordia. Fall colors are amazing and make #yeg look half decent. #littlethingsinlife

► **@TommyisYEG:** This woman in the Italian Market is following me like a ghost in Mario. #YEG

► **@Madalina_1202:** What a gorgeous day in #yeg! Even more so because I had the day off. Plenty of time to enjoy doing.. nothing.

Letters

The 99 per cent that Occupiers represent are demanding change and are gaining supporters from all walks of life.

In the past, the North American and European economies were dependent on an automobile sector, decent wages and population growth. Not to mention a need for consumers to keep on spending to keep the economy going. What is happening now is literally the opposite.

The gap between the rich and the poor is increasing dramatically.

The population is aging and there are less working people to support the government and society. Corporations are outsourcing jobs to countries like China and India. There are less decent-paid jobs now and unemployment is increasing. The people are no longer earning \$30.00 per hour unless you work for the government. This is reducing consumer spending, saving, and increasing debt. The population is basically scrambling for minimum-wage jobs.

Occupy Wall Street is an interesting phenomenon because it reflects this anxiety.

ALEX SANGHA
DETA, B.C.



photo of the day



► This photo titled A Still More Glorious Dawn Awaits was submitted to the Imagination category by vanessapaxton from Toronto.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotchallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

'Excuse me officer, I was driving good'

Police say a Detroit-area man had his nine-year-old daughter drive him to the store because he had apparently been drinking.

Brownstown Township Detective Lt. Robert Grant said yesterday the girl was sitting behind the wheel in a child's booster seat before 3 a.m. on Oct. 8 when an officer opened the driver's side door of the full-sized panel van her father uses for work.

Grant tells the Detroit Free Press newspaper the girl said to the officer: "What did you stop me for? I was driving good."

Someone called police after spotting the pair stopped at a gas station. The caller watched the girl get in the driver's seat and pull the vehicle onto the road.

"She's driving pretty good, I'm telling ya. I can't believe it," the man told the dispatcher.

The father was arrested and is facing several charges, including second-degree child abuse.

The daughter told officers her father had been drinking whiskey all night and took her out to drive. "Very sweet, intelligent little girl," Grant said. **THE ASSOCIATED PRESS**

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Scene in brief



Opera star Measha Brueggergosman and songwriter Stephan Moccio will join Martin Short on the Canada's Got Talent judging panel. Citytv also announced that Toronto TV personality Dina Pugliese will host the show. Brueggergosman is a Juno-winning soprano. Moccio is known for writing the song I Believe for the Vancouver 2010 Olympics.

THE CANADIAN PRESS



E! News host Giuliana Rancic says she has been diagnosed with breast cancer.

Smashing the past

► **Billy Corgan talks new tour and his desire to bring the Smashing Pumpkins into the present**



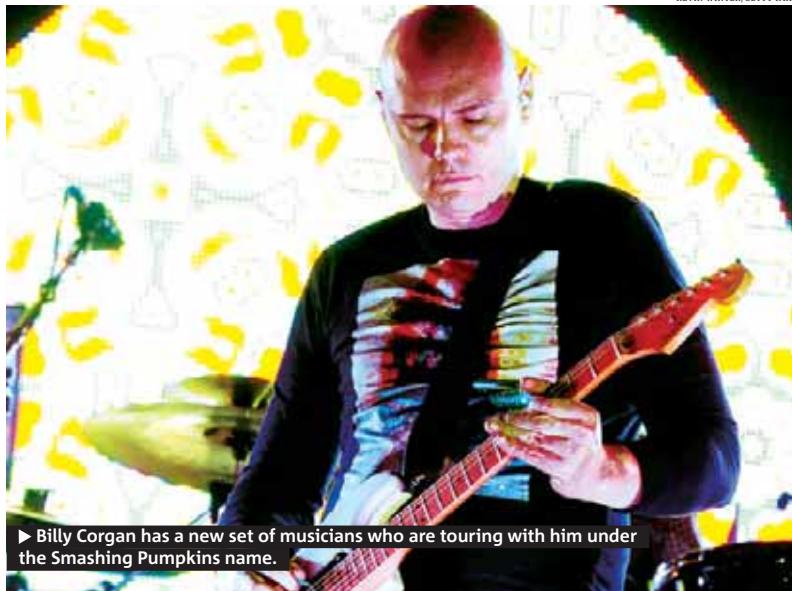
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METRO WORLD NEWS IN NEW YORK

Billy Corgan is one of the titans of the '90s alternative rock scene. He's a polarizing figure in some circles, having issued a few controversial remarks in the past regarding his ex-band mates, with whom he no longer tours. But with a new set of musicians touring under the Smashing Pumpkins name, Corgan wants to bring the band into the present.

Does the music you write under the Smashing Pumpkins name differ from material you've written as Zwan or your self-titled work?

It's weird because the whole idea with the Pumpkins originally that evolved in the early days was more that it was supposed to be kind of an experimental excitement kind of thing whereas away from the Pumpkins, I tend to write a little bit more traditional music. [It's] probably a little more obvious in a way. For whatever reason, the Smashing Pumpkins, the idea of the band or the spirit of the band, has always pushed me to force myself out of my comfort zone. If it's just me, Billy Corgan, I guess I want to try different things. There's something about the way the band was formed as being in awe



► **Billy Corgan has a new set of musicians who are touring with him under the Smashing Pumpkins name.**

of rock 'n' roll but also wanting to destroy rock 'n' roll. That spirit still pervades everything that goes on with the Pumpkins. Somehow that only seems to exist under that banner.

So then, how does one destroy rock 'n' roll?

Maybe it's different now, but let's say 20 years ago there was sort of an unwritten rule that you don't talk about how fake rock 'n' roll really was. If you saw this interview with Iggy Pop and he was talking about these amazing books he was reading, people would scratch their heads and say,

'I thought he was kind of stupid and rolled around in glass.' So the Pumpkins came along and were willing to poke holes, particularly in the indie alternative world, in the facetiousness of the whole thing, this idea that we were all living in vans down by the river. It was this kind of fantasy that musicians were a subterranean class, were able to create works of incredible beauty. So we were just like, oh f— all that.

Where do you see innovation happening in music?

The future of rock 'n' roll

is probably in mixed media. Because it always starts in the basement with a 16-year-old. What can she do to actually change rock 'n' roll? Maybe she figures out a very cheap, easy but creative way of combining moving image, a personal vision, and music. So imagine like, a 16-year-old girl puts out a 20 minute film that she did on her own of moving images, songs that she created and suddenly, a million teenage boys and girls connect to what she's doing, not just because of the song, but also the way she's cut the music and

the sound effects, like a personal statement of her world but more three dimensional than say just music is. I think that's the future of rock 'n' roll.

In going into your back catalog as you kind of have to, are there any songs that you love playing again and are there songs you'd never play again?

Honestly, every time I tour, I look at the whole list and I go with what I feel. Songs we're playing on this tour, some songs I haven't played in like 17 years.

Like what? Which songs?

Oh, I can't give that away. But some songs you play and it's 'oh, it feels good to play this after 17 years.' But nothing's prohibitive. I love playing my songs. I've gotten a bad rap for being picky about what I'll play ... but it's weird because sometimes it's not so much that I don't want to play the song but it's the audience's expectations that effect what I want to play. You'll play a new song that's a pretty good song and the audience applauds and then you play a mediocre old song and the audience acts like it's the greatest song they've ever heard. As an artist, you're standing there saying, OK, that's not real. That's not a real reaction to what's happening. That's a memory-sensory reaction.

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DVD Releases

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Green Lantern

Genre: Action
Director: Martin Campbell
Stars: Ryan Reynolds, Blake Lively, Peter Sarsgaard

Canada's Ryan Reynolds shines dimly as the Green Lantern, the summer actioner of the same name based on the DC Comic and directed by Martin Campbell.

Reynolds is Hal Jordan, a cocky test pilot who busts up billion-dollar prototypes just for the hell of it. Oh, and to impress Carol Ferris (Blake Lively) who plays a corporate scold, frustrated pilot and Jordan's occasional bedmate.

The buffed-up Reynolds proves to be an inspired hire. His Jordan manages to keep a straight face when he meets a dying purple alien who hands him a Crackerjack toy ring and advises: "The ring chose you."

For what? The slim story involves digital green Spandex and a tour of the



outer cosmos, where Jordan confers with a gaggle of emerald-obsessed interplanetary cops who call themselves the Green Lantern Corps. They're ruled by the Guardians, one of whom has gone rogue and turned into a planet-eating smoke entity called Parallax. Jordan will have to fight Parallax to save Earth. Were you expecting anything less?

Reynolds shows promise in the role, if future installments of what's sure

to be a franchise are able to scrape away some of the digital green goo that threatens to drown this film — which seems more Saturday morning cartoon than Friday night date — and deliver a more satisfying story. That will be hard to do with a series as loopy as this one.

Extras, mostly on the Blu-ray, include additional scenes, "Maximum Movie Mode," extended cut and making-off featurettes.

• PETER HOWELL

Bad Teacher

Genre: Comedy
Director: Jake Kasdan
Stars: Cameron Diaz, Jason Segel, Justin Timberlake

Bad Teacher instructs us that Cameron Diaz needs to return to comedy school: being pitiful isn't the same as being funny.

She plays Elizabeth, a seventh-grade English teacher at a suburban Illinois middle school. She's a free-spending floozy with a substance-abuse problem, untreated chronic depression and a near-sociopathic disregard for the needs and feelings of others, especially her students and fellow teachers.

Lack of suitability for her job doesn't matter much to Elizabeth; she plans to ditch it anyway, and marry her rich fiancé (Justin Timberlake, a former Diaz beau) who is as dim as a small appliance bulb.

Writers Gene Stupnitsky and Lee Eisenberg (vets of TV's The Office) surround Elizabeth with one-



dimensional sitcom types: a butt-covering principal (John Michael Higgins), an introvert with esteem issues (Lynn Davies), an extrovert with control issues (a game Lucy Punch) and a naive supply teacher (Justin Timberlake, a former Diaz beau) who is as dim as a small appliance bulb.

Despite the extra talent, the main comedic course

load falls to Diaz, who proves unable to bear the burden under Jake Kasdan's flat direction.

It's too bad for Diaz. She badly needed a hit after recent duds like The Green Hornet and Knight and Day.

Extras include deleted scenes, featurettes and unrated version of film (Blu-ray only).

• PETER HOWELL

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TUESDAY, OCTOBER 18, 2011

'We're terrified of facing ourselves'

► Star Trek actor Zachary Quinto reveals sexuality ► Hopes to inspire others to be proud of who they are

For the first time, Zachary Quinto has opened up about being gay, explaining in an interview with New York magazine how much starring in the AIDS-themed Angels in America has affected him, calling it the "most challenging thing I've ever done as an actor, and the most rewarding.

At the same time, as a gay man, it made me feel like there's still so much work to be done, and there's still so many things that need to be looked at and addressed."

Quinto, who had previously refrained from comment on his sexuality, says he was compelled to do so after the suicide of bullied 14-year-old Jamie Rodemeyer.

"As a gay man, I look at that and say there's a hopelessness that surrounds it," he says. "But as a human being I look at it and say, 'Why? Where's this disparity coming from, and why can't we as a culture and society dig deeper to examine that?' We're terrified of facing ourselves."

● METRO



► Zachary Quinto

Osbourne uses new show to take pot shots at old rival, Aguilera

Kelly Osbourne clearly hasn't gotten over the teasing she claims to have received from Christina Aguilera over the years, and she's using her E! show, Fashion Police, to get some payback.

"She called me fat for years. I was never that fat," Osbourne comment-

ed while showing unflattering photos of Aguilera performing at a Michael Jackson benefit concert in Wales last week.

Her co-host, Joan Rivers, also got in on the act, adding, "Lady Marmalade got into the peanut butter again."

● METRO



► Kelly Osbourne



► Christina Aguilera

Rocker says he 'won lottery' with Gwyneth

Chris Martin admits that he's only really had one serious relationship in his life — his marriage to Gwyneth Paltrow.

"That's right. I'm in it," he says in an interview with CBS. "It's a giant leap. Let's face it, it's like winning the lottery." Martin, who rarely speaks openly

about his family life, also says his two kids with Paltrow — Apple, 7, and Moses, 5 — have had quite an impact on his career with Coldplay.

"It's made it more focused," he says. "And you have a purpose. I like what it does. Just the idea of having to work hard so your kids are OK."

● METRO



Celebrity tweets

"i have spent the day in awe of this outpouring of support and resonance. we. are. in. this. together. NEVER FORGET! i am deeply moved." **@ZacharyQuinto**



@AlecBaldwin

"Sitting in a restaurant with @hilarithomas and some VERY drunk people are railing against progressive politics. Madre Mia!!!!!!" **@GarryShandling**



"Wolf Blitzer beard. Grow it in. Shave it off. I don't care. Just do something. Can't take it anymore." **@JerrySeinfeld**



"I like Herman Cain because if elected you get another president for half-price." **@GarryShandling**



ISTOCK PHOTOS

Benefits of barefoot

► Running sans shoes has been catching on more in fitness circles ► But there are questions about why it could be good for you ► Experts suggest easing into a new style to avoid injury

 **CELIA MILNE**
LIFE@METRONEWS.CA

Is barefoot beautiful?

It's becoming more common to see people running with bare feet or wearing super-light shoes.

But should you toe the line?

To find out if this is a more "natural" way to run, Metro contacted Dr. Reed Ferber (PhD), director of

the Running Injury Clinic and an associate professor in kinesiology at the University of Calgary.

He believes at the moment the trend is driven more by marketing than health.

"There is no research to support that running barefoot, or in a minimalist shoe, will improve performance or reduce injury risk," he says.

Given time, research

might reveal benefits. Dr. Dan Lieberman in the department of human evolutionary biology at Harvard University is studying how the naked foot lands during running versus how the shod foot lands, and what impact this has on the body.

He is trying to figure out why humans apparently need fancy shoes to run when they ran without them for eons.

One theory is that some people don't need elevated and highly cushioned heels because they land on their mid-foot or forefoot rather than their heel.

Dr. Ferber estimates that less than 10 per cent of the population has the proper anatomical alignment, adequate ankle stabilizer strength, and calf muscle flexibility to run in a barefoot-style shoe.

"The rest are at risk for

injury unless they transition properly," he says.

If you are interested in switching to barefoot running, Dr. Ferber recommends easing into it over four to six weeks and taking a few months to regain your pre-switch mileage.

It's also important to do gentle calf raises after running to strengthen calves, which will be impacted differently when you run barefoot.

3
life

New study shows



Ten per cent of women worry more about their waistline than they do about their relationship. The survey revealed that these women admitted they felt guiltier cheating on their diet on their partner.

● METRO

Best Health Minute



BONNIE MUNDAY,
EDITOR-IN-CHIEF,
BEST HEALTH
MAGAZINE

The truth about parabens

When you see 'Paraben free' on a beauty product's label, you might assume that parabens are a bad thing.

But it's not as clear cut as that, and it's a subject that our beauty editor Rhonda Rovan explores in the October issue of Best Health.

For example, is there truth to the claims that these synthetic preservatives — which extend a product's life by stopping fungus, bacteria and other microbes from growing in creams and makeup, especially in the moist, warm environment of a bathroom — cause cancer?

What does Health Canada say?

In products without parabens as a preservative, the replacement is often another chemical

preservative, called phenoxyethanol.

Is it better and safer?

And what about natural preservatives like

turmeric, clove bud, rosemary, etc.; are they effective, and are they a practical solution?



It's a fascinating subject, because without preservatives, we may all end up with refrigerators in our bathrooms that store our products so they don't spoil.

The answers to the above questions, and much more, are in Rhonda's hefty feature in the Look Great section of the October issue, which is on newsstands now.

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TUESDAY, OCTOBER 18, 2011

You'll never look at a cell the same way

► Some cellphones harbour E. coli bacteria, U.K. hand washing study finds ► So, maybe, don't take your phone into the bathroom any more

A new hand washing study has found cellphones teeming with bacteria — and some even harbour the sort of germs that should give people an incentive to scrub better after visiting the washroom.

Sixteen per cent of hands and mobile phones examined for the study, conducted in 12 cities in the United Kingdom, were found to carry E. coli, which originates in fecal matter and can cause diarrhea and vomiting.

"We sent some of my students up and down the length and breadth of the country with a number of swabs, and they swabbed hands and the mobile

phones associated with them, and they brought their swabs back ... to identify the prime organisms," said Ron Cutler, director of biomedical science for degree programs at Queen Mary, University of London.

"One of the major relationships was that basically if your hands are very dirty, then your phone tends to be also very contaminated with the same type of bacteria," Cutler said Friday.

An analysis found 92 per cent of phones and 82 per cent of hands had traces of some type of bacteria on them.

THE ASSOCIATED PRESS



► Your phone is carrying more germs than you know.

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► With lineups out the door every lunch hour, this is the spot to visit for eats such as soft tacos, quesadillas and more ► Try delicious side dishes too

LUNCH RUSH

CHRISTOPHER THRALL
FOOD@METRONEWS.CA

 You know that little downtown bistro that's got a lineup out the door nearly every lunch hour? That's Tres Carnales. The little taqueria features local ingredients, fresh sides, low prices, culinary wizardry: What's not to love?

The gaudily-decorated interior is almost as well-



► Whether you devour four tacos, three quesadillas or a torta, Tres Carnales will delight.

coming as the three friends who opened the taqueria to serve their beloved Pacific Mexican soft tacos and torta sandwiches. My own trio of palm-sized delights, which I ordered quesadilla-style, came stuffed with cheese

and spicy crumbled pork sausage (\$11.50). The cilantro-laden salsa was exceptional and the creamy guacamole was heavenly.

I had started with esquites (\$5) — garlic-citrus-buttered golden Taber corn mixed with spicy

mayo — and washed everything down with a heady, fruitless sangria (\$6.50). By the end, I was pleasantly stuffed.

Next lunch hour, leave a little early and get in line: I'll be the guy in front of you.

CHRISTOPHER THRALL

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trespurnales.com
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HOW TO DEAL WITH INAPPROPRIATE CHATTER



► If someone continues to say things that make you uncomfortable, it's a good idea to speak directly to that person. That's a better option than staying silent.

What do I do in situations where, in a social group, somebody starts to say something totally inappropriate for the situation and I need to interrupt the speech, and talk about something more neutral. Or somebody asks questions I do not wish to answer. In both cases I need to be very polite but do not know what to do or say. Please help.

Elizabeth

Dear Elizabeth,

It can be very uncomfortable when you are with a group of people and some-

CHARLES THE BUTLER



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one begins to say or ask inappropriate topics of conversation.

First, try to draw as little attention to the matter as possible. I would say noth-

ing and as soon as the person is finished talking, I would immediately go back to the conversation at hand.

If this person continues to say things publicly that make you uncomfortable, your best bet is to speak with this person privately and mention that these questions they ask make you uncomfortable and could they please respect your privacy and not ask such things.

HAVE A QUESTION? EMAIL CHARLES AT
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MATTHEW MEAD / THE ASSOCIATED PRESS
Chokladboll (Scandinavian treat)

Preparation:

1 In bowl of food processor, pulse oats, sugar and cocoa powder to combine. Add vanilla and butter and pulse again, to mix. Add coffee and pulse until mix has come together. Remove blade and give mix a stir. Refrigerate for 1 hour.

2 Place coconut in a shallow dish, such as a pie tin. Roll chocolate-oat mixture into 3-cm (1 1/4-inch) balls, then roll each

in the coconut. Refrigerate in an airtight container.

THE ASSOCIATED PRESS /
ALISON LADMAN

Ingredients:

- 875 ml (3 1/2 cups) quick oats
- 250 ml (1 cup) sugar
- 125 ml (1/2 cup) cocoa powder
- 5 ml (1 tsp) vanilla
- 150 ml (10 tbsp) butter, room temperature
- 125 ml (1/2 cup) cold coffee
- Shredded coconut

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For too long, banks have treated small business owners as though their personal and professional lives were separate. But one happens to impact the other. And that's why BMO considers both before offering you banking solutions.

Here's one example of how we do it.

JAMES: I run a business as an electrician. Things were OK when I started out, but then the recession hit. All of a sudden, my customers couldn't make their payments on time.

I started working longer hours, which hurt my family. I began to realize how much balance my wife and children brought to my life — the less I saw them, the worse my situation felt.

Business kept going south. I considered relaxing my repayment terms (giving customers 60 or 90 days to pay me back, instead of 30), but that wouldn't have solved my cash-flow problem. So I started looking for new customers in a down market.

The more hours I spent doing that, the fewer I spent at home.

I needed help.

CELEBRATE SMALL BUSINESS WEEK

BMO is celebrating Small Business Week 2011, and you're invited to the party. This week, more than 400 participating BMO branches will be hosting their own Biz Cafés: Local events across the country to thank small business owners (like you) for their achievements. It's an opportunity to celebrate with the experts who can help owners grow their business.

BMO Biz Cafés will be popping up across Canada.

To find the one nearest you, visit bmo.com/smallbizweek.

JOE COLLURA, BMO SMALL BUSINESS AREA MANAGER:

I remember James. We had a long conversation.

He did most of the talking. He told me about his business and how much it meant to him.

He explained the solutions he'd tried, which weren't working.

When he'd finished, I asked him how all this affected him personally. James was surprised by that. I explained to him that at BMO, we look for solutions that solve problems at home, as well as on the job. They aren't really separate.

That got him talking a lot more. And it gave me an idea.

James had never before operated on credit. He never thought to ask for it. So I convinced him to fund his business through a Small Business Line of Credit. This allowed him to meet his financial obligations and cover any temporary shortfalls of cash. It also made his hours more predictable, letting him get home to his family in good time. Six months later, his business had turned around.

CONNECT WITH PEOPLE IN THE KNOW THROUGH BMO



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As a small business owner, you're part of a community. But it's bigger than the neighbourhood you live and work in. There's also a whole online world — where business people like you can meet, network and exchange ideas with experts in a range of fields. That is, if you can find them.

BMO aims to put you in touch. The new BMO SmartSteps for Business Online Community is your chance to connect with people in the know on subjects that matter to you. Comment on their daily blog posts, even if you disagree; engage them in dialogue through BMO.

Of course, you probably have a large network of contacts already. So grow it further by engaging your fellow entrepreneurs online in this eCommunity. Instantly share the posts you like best by clicking icons for Facebook, Twitter,

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lists the most-read posts right on the main page. In this way, eCommunity members help one another.

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Be a money-smart mama

► Whether you're single or partnered, you need a plan

Among the 2,115 Canadians who participated in the 2011 Desjardins Financial Security Health Survey, 67 per cent said that an illness would make them financially vulnerable. Another 77 per cent who live with children were afraid that they would use up their savings during recovery, leaving no money for their children's education.

"What's interesting is that women today are able to assert their independence by their lifestyle and

career choices, but many still find financial planning to be very stressful," said Janey Leslie, a certified financial planner with Desjardins Financial Security.

"Statistically, women live longer than men, they play a key role in family care-giving and decision-making, but they are often in a more vulnerable financial position."

Every working mother with dependents should have a financial safety plan that includes three distinct layers, says Leslie.

1. Disability insurance: It's a valuable, must-have protection that pays a regular benefit based on the person's monthly salary, which can be used to cover every-day financial commitments.

2. Extended medical insurance: Even with the protection of disability insurance, many women are not able to pay for all of the drugs and



► Financial preparedness is essential for mothers.

treatments associated with a serious illness. And it's important to point out that they also may not be covered by their provincial health care system.

3. Critical illness insurance: It provides a substantial lump-sum payment tax-free, which can be used for anything. For example, even the minimum benefit of \$25,000 would let someone make a year's worth of mortgage payments or travel abroad for medical treatments.

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WHAT'S THE BOTTOM LINE ON MORTGAGE BROKERS?

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA



There are over 400 types of mortgage products on the market and it's hard to know whether you're selecting the right one. That's why Canadians are using independent mortgage brokers at an alarming rate because mortgage brokers can save you time and money!

An independent mortgage broker isn't tied to any financial institution and instead works on behalf of you, the client, rather than the lender. Because they are not employees of a lending institution, mortgage brokers are not limited in the product they can offer you. They can seek out the

best mortgage options to suit your specific situation, from a multitude of lenders — banks, trusts, private companies, or insurance firms. Their primary role is to provide unbiased mortgage options and advice to clients.

Mortgage brokers can get better deals on mortgages, terms and rates because they have direct access to lenders. Once you've met with one, they'll prepare a funding proposal and shop it around to get the best and most appropriate mortgage options.

Brokers with strong networks can often get nearly instant approvals and they can negotiate better rates and terms on your behalf.

In the vast majority of cases, clients don't have to pay for the services of a mortgage broker. Instead, when the broker matches a lender with a buyer and a mortgage is placed, the bro-

ker is paid by the lender. Their paycheque is based on the size of the mortgage, not the rate.

Major financial institutions have groups of in-house "mortgage brokers". But they're different from independent brokers as they sell clients mortgage products that are exclusive to the bank. If you're keen to stay loyal to your bank, you can ask your independent mortgage broker to negotiate specifically with your financial institution.

Be careful who you choose to work with. Not all brokers are great and have their client's best interests in mind. Get referrals from trusted friends or family members. Research current rates and structures in advance of meeting with a broker. That way you'll have some idea of what you're hoping to achieve and can clearly communicate it.

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Smyth scores the game winner

► Hall and Jones also score, while Horcoff has three assists as the Oilers defeat the Predators

3	1
OILERS	PREDATORS

Ryan Smyth scored the winner and added an assist as the Edmonton Oilers defeated the Nashville Predators 3-1 last night.

Taylor Hall and Ryan Jones also scored and captain Shawn Horcoff had three assists for the Oilers, who are off to a 2-1-1 start after finishing in last place for two straight seasons.

Sergei Kostitsyn replied for the Predators (2-2-1), who have lost three in a row after launching the season with a pair of victories.

The Oilers had the bulk of the good scoring opportunities in the scoreless first period as their young stars buzzed the net. Nashville goalie Pekka Rinne was particularly sharp, making a quick glove save at the side of the net before Hall could bat the puck out of the air.

Oiler Jordan Eberle also missed the net on a couple of quality chances.

The Predators scored the game's first goal, how-



► Ryan Nugent-Hopkins shoots past Nashville Predators goalie Pekka Rinne.

ever, just two minutes into the second. Kostitsyn elected to shoot on a 2-on-1 attempt and Oilers starter Nikolai Khabibulin was only able to get a piece of it before turning to watch the puck trickle into the net.

Edmonton had a good flurry of chances with a loose puck in front of the net on a late second-period power play before time

expired to keep it a 1-0

game, despite Edmonton outshooting Nashville 19-9 over the first 40 minutes.

The Oilers finally were rewarded for their pressure five minutes into the third period as Ryan Nugent-Hopkins earned his first career NHL assist, making a nice feed to Hall on the power play.

Just two minutes later Edmonton had the lead as Horcoff made a perfect

pass through to Smyth, and he undressed Rinne with a backhand move to make it 2-1.

Jones scored into an empty net with 40 seconds remaining.

The Oilers take a quick trip to Calgary to play the Flames tonight.

The Predators continue their Western Canadian swing in Vancouver on Thursday.

THE CANADIAN PRESS

Oilers notes

- Ben Eager made his first appearance for the team after suffering a concussion in training camp.
- There was some good news on the injury front for the Oilers as defenceman Ryan Whitney and centre Sam Gagner both passed coach Tom Renney's recovery test.

4 sports

Quoted



"We weren't very happy with the results, and we certainly knew that we were a better team than we showed."

TEXAS MANAGER RON WASHINGTON, WHOSE RANGERS ARE HEADING INTO THEIR SECOND-STRAIGHT WORLD SERIES IN GAME 1 VERSUS THE ST. LOUIS CARDINALS TOMORROW NIGHT. LAST YEAR, TEXAS WAS WIPED OUT BY THE SAN FRANCISCO GIANTS IN FIVE GAMES IN THE RANGERS' FIRST-EVER WORLD SERIES APPEARANCE.

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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Washington	4	4	0	0	0	15	11	8	3-0-0	1-0-0	4-0-0	W4
d-Pittsburgh	7	3	2	1	1	19	18	8	1-1-0	2-1-0	3-2-1	L3
d-Toronto	4	3	0	1	0	13	10	7	3-0-0	0-0-0	3-0-0	L1
Philadelphia	4	3	0	1	0	14	8	7	1-0-0	2-0-0	3-0-0	L1
Buffalo	4	3	1	0	0	14	9	6	1-1-0	2-0-0	3-1-0	W1
Florida	4	3	1	0	0	14	10	6	1-0-0	2-1-0	3-1-0	W2
NY Islanders	4	3	1	0	0	11	6	6	3-1-0	0-0-0	3-1-0	W3
New Jersey	4	3	1	0	0	9	8	6	2-1-0	1-0-0	3-1-0	W3
Carolina	5	2	2	1	0	13	18	5	1-0-0	1-1-0	2-2-0	W2
Boston	5	2	3	0	0	10	9	4	1-2-0	1-0-0	2-3-0	W1
Tampa Bay	6	1	3	0	2	18	26	4	0-1-0	1-2-0	1-3-0	L5
Montreal	4	1	2	0	1	11	13	3	0-1-0	1-1-0	1-2-0	L2
NY Rangers	3	0	1	1	5	8	2	0-0-0	0-1-0	0-1-1	L3	
Winnipeg	4	1	3	0	0	7	14	2	1-0-0	0-2-0	1-3-0	W1
Ottawa	5	1	4	0	0	14	23	2	1-1-0	0-3-0	1-4-0	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Colorado	6	5	1	0	0	20	13	10	0-1-0	5-0-0	5-1-0	W5
d-Detroit	4	4	0	0	0	13	5	8	2-0-0	2-0-0	4-0-0	W4
d-Dallas	5	4	1	0	0	13	11	8	0-1-0	4-1-0	4-1-0	W3
Anaheim	4	3	1	0	0	8	7	6	0-0-0	0-1-0	3-1-0	W3
Minnesota	5	2	1	1	1	12	6	2-0-0	0-1-0	2-1-1	L1	
Phoenix	4	2	1	0	1	13	11	5	1-0-0	1-0-0	2-1-0	W2
Chicago	4	2	1	0	1	12	10	5	0-0-0	1-0-0	2-1-0	L1
Edmonton	4	2	1	0	1	9	8	5	2-0-0	1-0-0	2-1-0	W1
Los Angeles	4	2	1	0	1	9	10	5	1-0-0	0-1-0	2-1-0	W1
Nashville	5	2	2	0	1	12	15	5	0-1-0	2-1-0	2-2-0	L3
Vancouver	5	2	2	0	1	15	15	5	0-0-0	2-2-0	2-2-0	W1
St. Louis	5	2	3	0	0	15	15	4	1-0-0	1-2-0	2-3-0	L1
San Jose	3	1	2	0	0	8	8	2	1-0-0	0-1-0	1-2-0	W2
Calgary	4	1	3	0	0	11	14	2	0-1-0	1-2-0	1-3-0	L1
Columbus	5	0	4	0	1	17	17	1	0-2-0	0-2-0	0-4-0	L5

d — division leaders ranked 1-2 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Edmonton 3 Nashville 1
Winnipeg 2 Pittsburgh 1

Colorado 3 Toronto 2 (OT)

Florida 7 Tampa Bay 4

Anaheim at San Jose

Sunday's result

Anaheim 4 St. Louis 2

Tonight's games

All Times Eastern

Carolina at Boston, 7 p.m.

Florida at Washington, 7 p.m.

Dallas at Columbus, 7 p.m.

Buffalo at Montreal, 7:30 p.m.

Philadelphia at Ottawa, 7:30 p.m.

Pittsburgh at Minnesota, 8 p.m.

Edmonton at Calgary, 9 p.m.

N.Y. Rangers at Vancouver, 10 p.m.

Chicago at Phoenix, 10 p.m.

St. Louis at Los Angeles, 10:30 p.m.

Tomorrow's game

Winnipeg at Toronto, 7:30 p.m.

Not including last night's games

AVALANCHE 3, LEAFS 2 (OT)

First Period

No Scoring.

Penalties — Lupul Tor (slashing) 4:33, Hejduk Col (hooking) 11:30, Hejduk Col (hooking) 18:07.

Second Period

1. Toronto, Kessel 6, 0:19

2. Colorado, Winnick 2 (O'Reilly, Hejda) 3:31

3. Colorado, Hejduk 3 (Johnson, Stastny) 14:14 (pp)

Penalties — Bozak Tor (interference) 13:34, McLeod Col (hooking) 17:19.

Third Period

4. Toronto, Kulemin 1 (Phaneuf, MacArthur) 15:17

Penalty — O'Byrne Col (cross-checking) 1:43.

Overtime

5. Colorado, Jones 4 (Quincey) 1:11

Penalties — None.

Shots

Colorado 8 9 4 3-24

Toronto 8 9 11 1-29

Goal — Colorado: Giguere (W, 2-0-0); Toronto:

Reimer (L, 3-1-0). Power plays (goals-chances) — Colorado: 1-2; Toronto: 0-4.

Referees — Marc Joannette, Tom Kowal.

Linesmen — Brad Lazarowich, Mark Shewchuk.

Attendance — 19,459 (18,819).

JETS 2, PENGUINS 1

First Period

1. Winnipeg, Wellwood 2 (Burmistrov,

Antropov) 0:08

2. Winnipeg, Glass 1 (Burmistrov) 18:27

Penalties — Wheeler Wpg (holding) 9:36, Engelland Pgh, Thorburn Wpg (fighting) 14:01.

Second Period

3. Pittsburgh, Michalek 1 (Letang, Cooke) 18:22

Penalties — Hainsey Wpg (tripping) 0:54, Park Pgh (hooking) 9:20, Neal Pgh (slashing) 11:53, Sullivan Pgh (hooking) 19:44.

Third Period

No Scoring.

Penalties — Letang Pgh (boarding) 13:08, Kunitz Pgh, Glass Wpg (roughing), Lovejoy Pgh, Slater Wpg (fighting), Thorburn Wpg (hooking) 16:02, Neal (slashing) 20:00.

Shots

Pittsburgh 7 14 8 —29

Houston 3 3 0 .500 145 124

Jacksonville 1 5 0 .167 72 132

Indianapolis 0 6 0 .000 104 128

GOAL — Pittsburgh: Fleury (L, 3-2-0); Winnipeg: Pavelski (W, 1-2-0). Power plays (goals-chances) — Pittsburgh: 0-3; Winnipeg: 0-4.

Referees — Dean Morton, Brad Watson.

Linesmen — Lonnie Cameron, Thor Nelson.

Attendance — 15,004 (15,004).

OILERS 3, PREDATORS 1

First Period

No Scoring.

Penalties — Weber Nash (boarding) 3:30, Smid Edm (roughing) 5:55, Spaling Nash (hooking) 11:59, Hall Edm (hooking) 12:26.

Second Period

1. Nashville, Kostitsyn 1 (Rinne) 1:58

Penalties — Blum Nash (hooking) 3:34, Edmonton bench (too many men; served by Omark) 5:52, Omark Edm (high-sticking) 9:08, Suter Nash (slashing) 19:13.

Third Period

2. Edmonton, Hall 1 (Nugent-Hopkins, Horcoff) 5:29 (pp)

3. Edmonton Smyth 2 (Horcoff) 7:31

4. Edmonton, Jones 1 (Horcoff, Smyth) 19:20 (en)

Penalties — Suter Nash (holding) 5:07, Sutton Edm (tripping) 13:47.

Shots

Nashville 4 5 3 —12

Edmonton 12 7 6 —25

Goal — Nashville: Rinne (L, 2-2-1); Edmonton: Khabibulin (W, 1-0-1). Power plays (goals-chances) — Nashville: 0-5; Edmonton: 1-5.

Referees — Chris Rooney, Ian Walsh.

Linesmen — Ryan Galloway, Derek Nansen.

Attendance — 16,839 (16,839) at Edmonton.

MLB PLAYOFFS

WORLD SERIES

(Best-of-7)

ST. LOUIS (NL) VS. TEXAS (AL)

Tomorrow's game

All Times Eastern

Texas (Wilson 16-7) at St. Louis (Carpenter 11-9), 8:05 p.m.

Thursday's game

N.Y. Jets 24 Miami 6

Sunday's results

Texas (Lewis 14-10) at St. Louis (Garcia 13-7), 8:05 p.m.

Saturday, Oct. 22

St. Louis (Jackson 12-9) at Texas (Holland 16-5), 8:05 p.m.

Sunday, Oct. 23

St. Louis (Lohse 14-8) at Texas (Harrison 14-9), 8:05 p.m.

Monday, Oct. 24

x-St. Louis at Texas, 8:05 p.m.

Wednesday, Oct. 26

x-Texas at St. Louis, 8:05 p.m.

Thursday, Oct. 27

x-Texas at St. Louis, 8:05 p.m.

x — played only if necessary.

NFL

AMERICAN CONFERENCE

EAST

New England 5 1 0 .833 185 135

Buffalo 4 2 0 .667 188 147

N.Y. Jets 3 3 0 .500 145 131

Miami 0 5 0 .000 75 128

South

Tennessee 7 14 8 —29

Houston 3 3 0 .500 137 111

Jacksonville 1 5 0 .167 72 132

Indianapolis 0 6 0 .000 104 128

North

Baltimore 4 1 0 .800 120 109

Washington 3 2 0 .600 96 83

Dallas 2 3 0 .400 115 121

Philadelphia 2 4 0 .333 145 145

South

Tampa Bay 4 2 0 .667 113 145

New Orleans 4 2 0 .667 177 151

Atlanta 3 3 0 .500 135 147

Carolina 1 5 0 .167 133 163

North

Green Bay 6 0 0 1.000 197 114

Detroit 5 1 0 .833 178 114

Chicago 3 3 0 .500 150 132

Minnesota 1 5 0 .167 121 145

West

San Francisco 5 1 0 .833 167 97

Seattle 2 3 0 .400 94 122

Atlanta 1 4 0 .200 96 121

St. Louis 0 5 0 .000 49 137

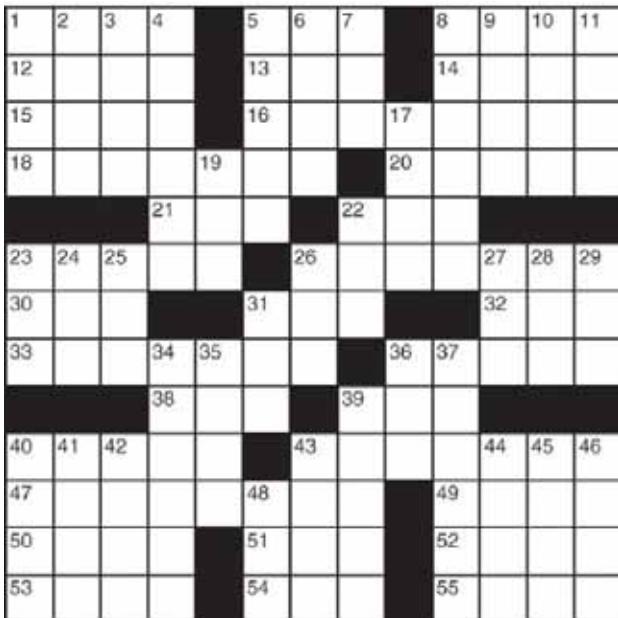
WEEK SIX

Byes: Arizona, Denver, Kansas City, San Diego, Seattle, Tennessee

Crossword

Across

1 Creche trio
5 Antiquated
8 Pulsate
12 Right angles
13 Kids' pie filling?
14 Eastern potentate
15 Go sightseeing
16 Pose
18 Embassy employee
20 Actress Spacek
21 Historic period
22 Conclusion
23 Without pizzazz
26 Try
30 Born
31 Playwright Levin
32 - constrictor
33 Lure
36 Choir rendition
38 "Hail!"
39 Total
40 Ercu
43 "Way to go!"
47 Lawyer
49 Anger
50 Humdinger
51 Web address
52 Up to
53 Scottish garment
54 Sock part
55 "That's one small
— ..."



8 Happen as if by fate
9 Flightless flock
10 Lends a hand
11 Deuce defater
17 — It Romantic?"
19 Weep
22 Greek H
23 "CSI" evidence
24 Pensioned (Abbr.)
25 Nevertheless
26 Illustrations
27 Degree for a CEO
28 D.C. figure
29 53-Across wearer's
hat
31 Lemieux milieu

34 Spicy stew
35 Maintain
36 Deposit
37 Intellect
39 Fashion
40 Abruptly refuse
41 Needle case
42 — be OK"
43 Re planes and such
44 Fisherman's enticement
45 Look lasciviously
46 Shriek bark
48 Eccentric



► Yesterday's answer

Down

1 Transcending (Pref.)
2 Oodles
3 Excessive supply
4 Where Tel Aviv is
5 Nebraska city
6 Minstrel's instrument
7 Banned pesticide

8 Happen as if by fate
9 Flightless flock
10 Lends a hand
11 Deuce defater
17 — It Romantic?"
19 Weep
22 Greek H
23 "CSI" evidence
24 Pensioned (Abbr.)
25 Nevertheless
26 Illustrations
27 Degree for a CEO
28 D.C. figure
29 53-Across wearer's
hat
31 Lemieux milieu

Today's horoscope



Aries March 21-April 20 If you have fallen out with someone, your first priority is to get back on good terms with them.

Taurus April 21-May 21 Someone you have dealings with will be rather aggressive today and you may be tempted to respond in kind. Don't.

Gemini May 22-June 21 Creatively and artistically you will be on top of your game today, so do something truly extraordinary.

Cancer June 22-July 22 You may have to get tough with someone but if you don't they will most

likely make a mess of something that affects you directly.

Leo July 23-Aug. 23 Your communication makes it easy for you to win others round to your way of thinking.

Virgo Aug. 24-Sept. 22 You will get an offer today that could bring you a lot more money and prestige.

Libra Sept. 23-Oct. 23 Look out for your own interests and pay no attention to those who say you should be helping them more.

Scorpio Oct. 24-Nov. 22 You may be tempted to give up on something, but the planets warn if

For today's crossword answers and for expanded horoscopes, go to metronews.ca

you stop now you will regret it later, so keep going.

Sagittarius Nov. 23-Dec. 21 Save yourself for the things and the people that really matter.

Capricorn Dec. 22-Jan. 20 Someone in a position of authority will be glad to assist you.

Aquarius Jan. 21-Feb. 18 Everything seems to be going well for you at the moment and life will be hugely enjoyable over the next few days.

Pisces Feb. 19-March 20 You may or may not grow rich over the next few days but Lady Luck is smiling on you. ■ SALLY BROMPTON

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

A look at the weather

TODAY Min 3° Max 16° **WEDNESDAY** Min 3° Max 11° **THURSDAY** Min 5° Max 11°

Michele McDougall
Weather Specialist

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 5:30 A.M.



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NATALIA PISARENKO/THE ASSOCIATED PRESS

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